

SUCCESSFUL SENIORS



FINDING BALANCE IN THE SENIOR YEARS

IT TAKES A TEAM



GRATITUDE CHALLENGE

The 5 Days of Gratitude

Ultimate Bingo

TEXT A FRIEND YOU ARE GRATEFUL FOR	REACH OUT TO AN OLD FRIEND	SHARE A HAPPY MEMORY WITH SOMEONE	LEAVE A KIND NOTE OF THANKS FOR SOMEONE	PRACTICE 5 MINUTES OF MINDFULNESS
WATCH YOUR ALL TIME FAVOURITE MOVIE	ASK SOMEONE ABOUT THEIR FAVORITE CHRISTMAS OR BIRTHDAY	CALL A FRIEND YOU ARE GRATEFUL FOR	HAVE A VIRTUAL TEA WITH SOMEONE YOU ARE GRATEFUL FOR	BAKE SOMETHING FOR SOMEONE YOU APPRECIATE
TAKE A MOMENT TO LISTEN TO YOUR FAVOURITE SONG	MAKE A SPECIAL MEAL FOR SOMEONE THAT YOU APPRECIATE	<i>Free</i>	WATER YOUR PLANTS. YOU ARE KEEPING SOMETHING ALIVE!	PUT ON A FUN PLAYLIST AND DANCE IT OUT
PRACTICE SMILING MIND MINDFULNESS LIKE THIS ONE HERE	TAKE THE TIME TO DO THIS SELF-CHECK IN ON REACHOUT.COM	WRITE A LETTER TO SOMEONE YOU APPRECIATE AND TELL THEM WHY	MAKE A PLAN TO CONNECT WITH A FRIEND THIS WEEK	SHARE A MEAL WITH SOMEONE YOU ARE GRATEFUL FOR
WATCH THE SUNRISE AND FILL IN YOUR GRATITUDE JOURNAL	CELEBRATE A SITUATION THAT YOU OVERCAME	COMPLETE A RANDOM ACT OF KINDNESS	SPEND 30 MINUTES OUTSIDE IN THE GARDEN	CREATE A NEW TRADITION WITH SOMEONE YOU CARE ABOUT

GRATITUDE DIARY

5 Days of Gratitude

Complete 5 Days of Gratitude Bingo. To complete you must mark of 5 boxes diagonally, across a row or vertically in a column.

Journal each day for for 5 days about things you are grateful for. Challenge yourself to write more than a single word!

Monday



GRATITUDE CHALLENGE



5 Days of Gratitude Journal



Tuesday

Wednesday



GRATITUDE CHALLENGE



5 Days of Gratitude Journal

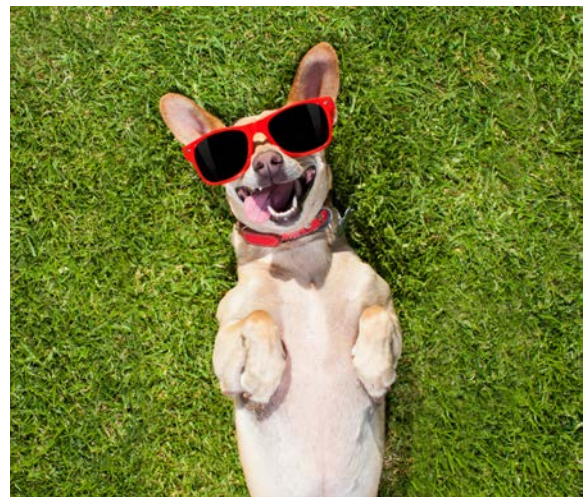
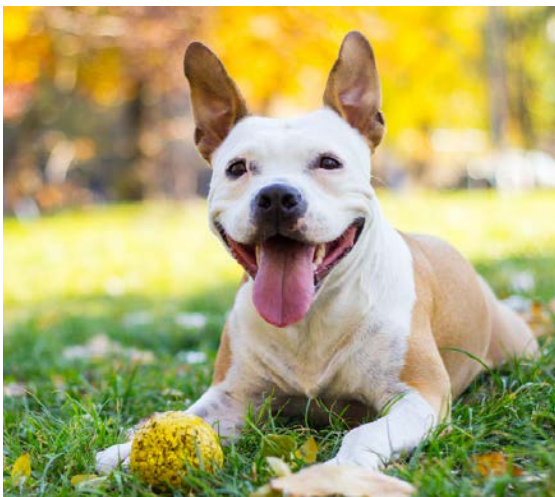


Thursday

Friday



THE SCOURGE OF PROCRASTINATION



WHAT AM I PUTTING OFF?

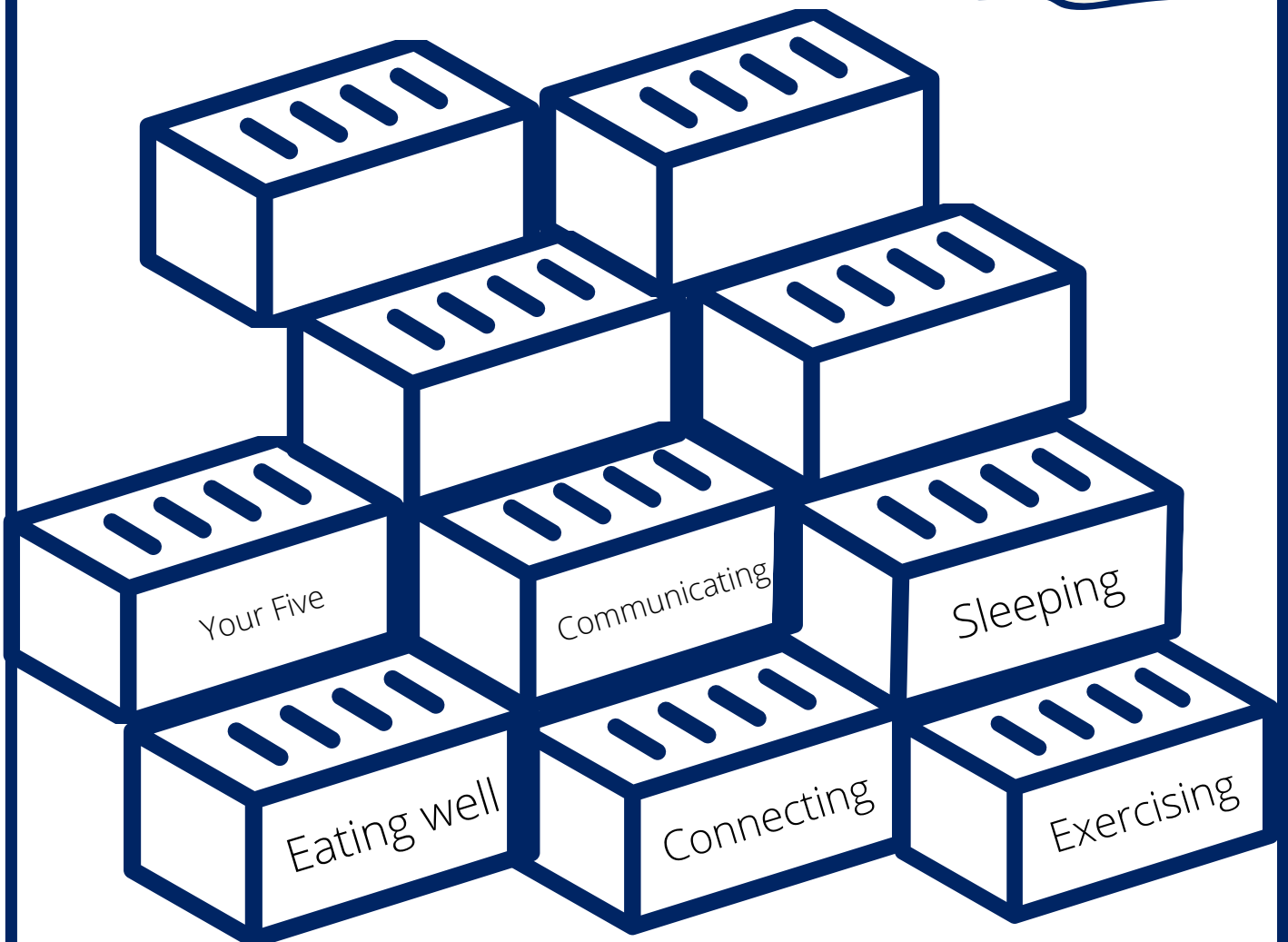
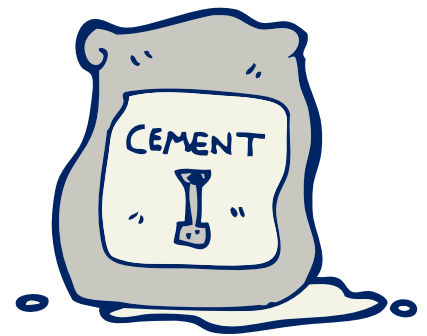
Brain dump time



WHAT MAKES A GOOD FOUNDATION?

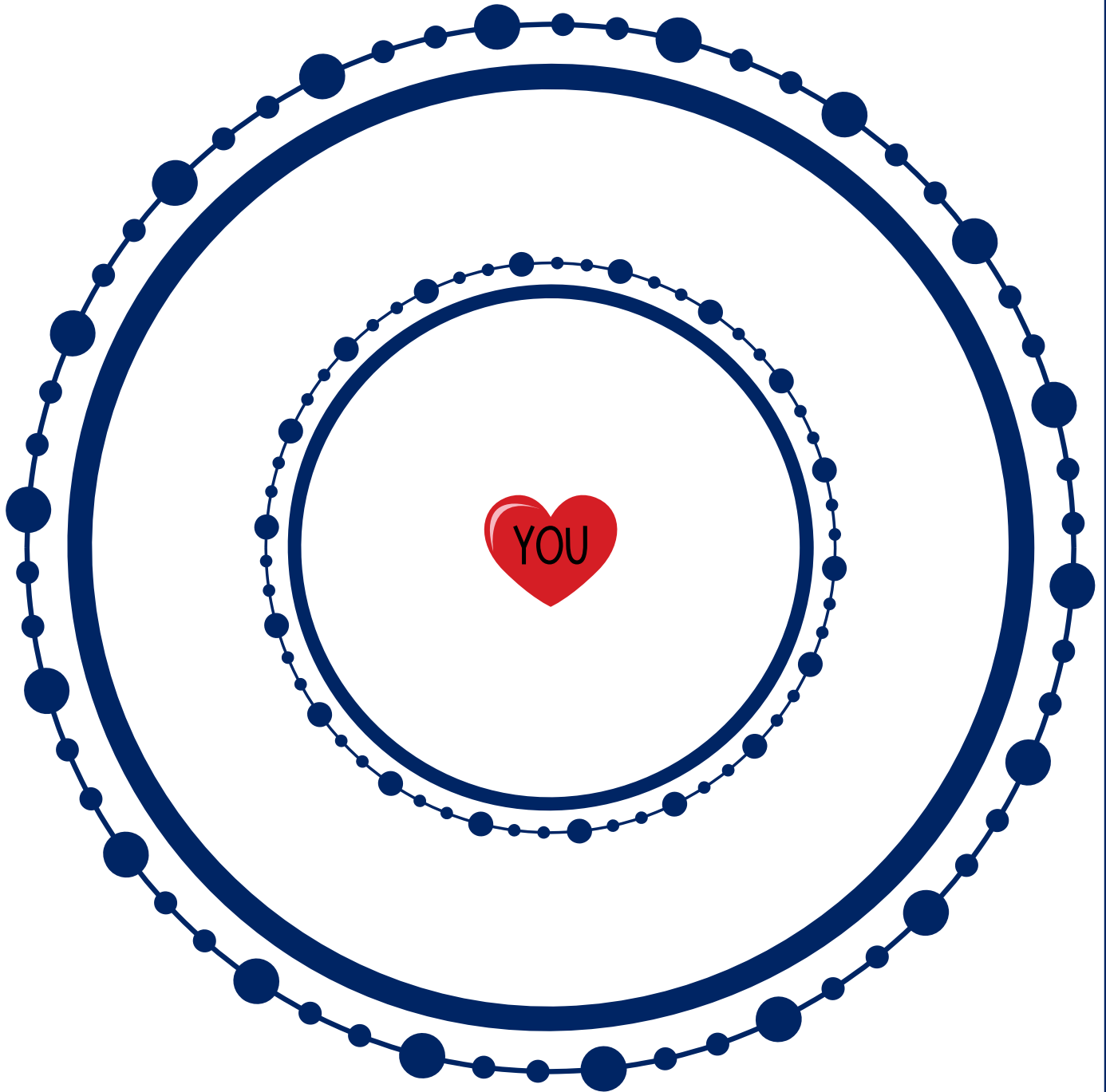
When you want to focus and concentrate there are certain ingredients that make for a good foundation.

What are your bricks?
What makes up your cement?



WHAT IS IN MY CONTROL?

Take a moment to write down the things in your life you can control in the inner circle and what you can't control in the outer circle



WHERE TO START

What is late - aka what do I HAVE to do?

-
-
-
-

1

What is coming up - aka what SHOULD I do?

-
-
-
-

2

What is due soon - aka what COULD I do?

-
-
-
-

3

HOW CAN I TREAT MYSELF?



MY PLAN

When I do...

• •

• •

I can



When I do...

• •

• •

I can



When I do...

• •

• •

I can



THESE ARE MY 5

Who are 5 people you feel you can turn to for support?

Make this poster yours and put it somewhere you will see



RESOURCES

**These are some great resources to tap into
for further support.**

**In your school
School Wellbeing Team
Your local council youth centre
Your family
Your friends**

Online Services

Headspace - <https://headspace.org.au/>

Smiling Minds - <https://www.smilingmind.com.au/>

ReachOut - <https://au.reachout.com/>

Motivation - This Way Up www.thiswayup.org.au

Bite Back - <https://www.biteback.org.au/ThankTank>

<https://www.biteback.org.au/Learn/Gratitude>

Practising Gratitude -

<https://au.reachout.com/articles/the-how-and-why-of-practising-gratitude>

Phone services

NSW Mental Health Line: 1800 011 511

Kids Helpline: 1800 551 800

Headspace: 1800 650 890

Parent Line: 1300 130 052